FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERAPY POOL SCHEDULE	
**Must be 18 years old*	
Monday – Friday	6:30a - 1:00p
Monday – Thursday	4:30 - 7:00p
Saturday	9:00a - 12:00p

FAMILY FUN WATERPARK SCHEDULE	
**Includes: 0-depth play area, lazy river & water slide*	
Friday	5:00 - 8:00p
Saturday	12:00 - 4:00p
Sunday	11:00a - 3:00p

Starting September 11, 2023

Water Exercise Class Schedule

Early Fun Fit H2O

High calorie burning water aerobics workout and includes the use of water aerobics equipment.

Competition Pool **Monday, Wednesday & Friday** 7:00 - 7:40a

Family Fitness Splash & Fun

Warm water workout with fun splashing and silliness for the little ones while still working out together with the family and having fun. Weight balls and noodles are incorporated.

Therapy Pool **Saturday** 10:00 - 10:40p

Fun Fit H20

If you are looking for a fun exercise class in the pool, JOIN US! Whatever your age or fitness level, H20 is a warm water exercise that's gentle on the joints. It's an especially effective option if you're suffering from arthritis or recovering from a recent injury.

Competition Pool **Monday, Wednesday & Friday** 8:00 - 9:00a

Fluid Fusion

Held in the deep end of the pool. Using a floatation belt participants will receive a workout that includes 0% impact and is recommended by most doctors for post knee and hip surgery and those suffering with spinal issues. Foam dumbbells are used to improve your cardiovascular health and tone muscle.

Competition Pool **Tuesday & Thursday** 8:30 - 9:20a

Sliver Splash

Offers LOTS of fun and shallow water moves to improve mobility, flexibility and cardiovascular endurance. A special Silver Sneakers kickboard is used to develop strength, balance and coordination. All exercises are done in the shallow end of the pool.

Competition Pool **Tuesday & Thursday** 9:30 - 10:30a

Water Walking

It is fun and easy with long-lasting results. Improve your endurance and get a great workout! Thirty minutes of brisk water walking equals one hour of land walking. Walk the River Circle and chart your miles.

Leisure Pool/Lazy River **Monday & Wednesday** 6:00 - 7:00p
Tuesday & Thursday 9:00 - 11:00a

Updated: 8/8/2023